

Easy Read guide to **Coronavirus and the 5 Ways to Wellbeing**



Coronavirus or Covid-19 is in the news.
We hear lots about it on the radio and TV.



This can make us feel stressed and anxious.



This may affect our mental health and wellbeing.



There are a lot of things we can do to look after our mental health and wellbeing.



Follow the 5 ways of good wellbeing.
This can help you.



Number 1.
Stay in touch with family and friends by using your phone or using social media.



Number 2.
Stay active in your own home.



Number 3.

Keep learning and try something new.



Number 4.

Supporting others can help you make new friends.

You can do this by using your phone or social media.



Number 5.

Try to get as much sunlight and fresh air as you can.

Try your best to avoid busy places and do not get too close to others.



Make sure you eat healthy food and drink plenty of water.

This will help you to stay well.



Make sure you get enough sleep.

Getting a good night's sleep also helps you stay well.



Take time to relax.

Listen to your favourite music.